

## PHARMACY

There are no out-of pocket costs for active duty service members through the MTF, National Mail Order Pharmacy (**NMOP**), or TRICARE network pharmacy. In some cases, ADSMs may be required to pay upfront for medication. You will be reimbursed for the total cost, however, it's your responsibility to submit a claim. Contact your local HBA for claim assistance.

## IMPORTANT INFORMATION

Claims Address:  
TRICARE Region 2/5  
P.O. Box 7025  
Camden, SC 29020-7025

## WEB SITE INFORMATION:

TRICARE Mid-Atlantic Region (**TMAR**)  
[www.tma.med.navy.mil](http://www.tma.med.navy.mil)

TRICARE Management Activity (**TMA**)  
[www.tricare.osd.mil](http://www.tricare.osd.mil)

Military Medical Support Office (**MMSO**)  
<http://navymedicine.med.navy.mil/mmsol>

Humana Military Healthcare Services (**HMHS**)  
[www.humana-military.com/](http://www.humana-military.com/)

# ACTIVE DUTY SERVICE MEMBER

## TRICARE Quick Reference Card



## ENROLLMENT

Active duty service members (**ADSM**) are enrolled in the TRICARE Prime program. TRICARE Prime enrollees are assigned a Primary Care Manager (**PCM**), who coordinates all of your health care needs.

If you were not assigned a PCM you should contact your local Health Benefits Advisor (**HBA**) for assistance. The TRICARE Service Center (**TSC**) will process your TRICARE Prime enrollment.

When reporting into your new command it's important to update your DEERS (**Defense Eligibility Enrollment Reporting System**) information. You can verify your enrollment status by contacting DEERS at 1-800-538-9552. You can also update your mailing address online at <https://www.tricare.osd.mil/DEERSAddress/>.

## APPOINTMENTS

In an emergency, go to the nearest Hospital Emergency Room or call 911. To make an appointment with your PCM, contact the TSC at 1-800-931-9501. If you are enrolled to a civilian PCM, contact them directly. Civilian PCMs are assigned only to ADSMs located in remote areas.

## DENTAL CARE

Your dental care is provided through your local MTF Dental Clinic. ADSMs who are TDY/TAD may seek emergency dental care from any civilian-licensed dentist. Only non-emergency care requires pre-approval from the Military Medical Support Office (**MMSO**). Mail your pre-approved or emergency civilian dental claims to:

Military Medical Support Office  
PO Box 886999  
Great Lakes, IL 60088-6999

MMSO can be contacted directly at **1-888-MHS-MMSO**.